



Be... Active, Playful, Creative

Programs & Events

Easter Egg Hunt

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SPRING BREAK CAMPS

PAGE 15

SPRING 2018
herndon-va.gov/recreation
Recycle After June



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Herndon Community Center Hours

Monday-Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 7:00am-7:00pm

No admittance to the building a ½ hour before closing.

HOLIDAY HOURS

Easter Sunday, April 1 10:00am-7:00pm

Memorial Day, May 28 8:00am-8:00pm

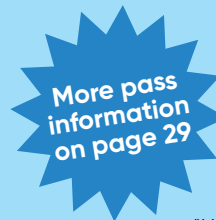
Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

OFFICE CLOSED: Monday, May 28

While the hardwood floors and bleachers are replaced, the gymnasium will be closed March 5-25. During this time, gymnastics and Drop-In Exercise class schedules will be adjusted.

Daily Admission Rates



TOH / NR

Adults \$6.50 / \$7.50

Seniors \$5.25 / \$6.25

Youth \$5.25 / \$5.50

Family* \$18 / \$22.50

*Up to 5 family members,
2 adults maximum

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID with address for every transaction

NR - Non-Resident rate

NEW!	New this Season
DROP-IN	No Registration Required
NOR	No Online Registration
OR	Ongoing Registration

NUMBER OF CLASSES	LENGTH OF CLASS	DATES NO CLASS HELD		
#, ## minute classes		no class ##/##		
M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

CHOOSE ONE OF FOUR WAYS TO REGISTER.

For Mail & In-Person options fill out the **registration form** on page 31 and find **registration information** on page 30.

1 ➤ ONLINE: herndonwebtrac.com



2 ➤ MAIL: Herndon Parks and Recreation Department 777 Lynn Street Herndon, VA 20170

3 ➤ IN-PERSON / DROP OFF: Herndon Community Center 814 Ferndale Avenue Herndon, VA 20170

4 ➤ FAX: 703-318-8652 Hearing Impaired Relay 1-800-828-1120 TDD

"The introductory classes offered by the Herndon Parks and Recreation Department are a very cost effective way to be introduced to a new activity."

- Debbie, Great Falls, VA

Special Events *Be... Active, Playful, Creative*



Kids' Trout Fishing Derby

SATURDAY, March 10, 8:00am-12:00pm

Herndon Parkway & Sugarland Run Trail Page 32

Ice Breaker 5K Race

SUNDAY, March 11, 8:00am

Northwest Federal Credit Union Page 24



Aqua Egg Hunt

SATURDAY, March 24, 1:30-4:30pm

Herndon Community Center Page 7



Easter Egg Hunt

SATURDAY, March 31, 9:30am

Town Green Page 32

Town Parks & Stream Clean-Up

SATURDAY, April 21, 8:00am-12:00pm

Runnymede Park Page 24



Bike to Work Day

FRIDAY, May 18,

5:30-10:00am & 4:30-6:00pm

Town Hall Green Page 25

Herndon Festival

THURSDAY, May 31 - SUNDAY, June 3

Downtown Herndon Page 25



Preschool OPEN HOUSE & REGISTRATION

2018-2019 School Year

See page 25 for details.

**Tuesday,
February 20**

HERNDONWEBTRAC.COM


NO AQUATICS CLASSES »

March 26–April 1 or May 26–28

POOL CLOSED »

Saturday, March 24 from 1:00–4:30pm
for the Aqua Egg Hunt.

Pool & Swimmer Information

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday & Sunday mornings until noon.
- » **A detailed listing of swimming class requirements** may be found at <http://bit.ly/HCCswim>. Children should be able to perform all prerequisite skills for a class easily and comfortably. Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.
- » **FREE swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact Christina Bolzman, Aquatic Programming Specialist, at **703-435-6800 x2134** to schedule an evaluation.

MAKEUP POLICY

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

Have you been unable to be placed in a swim class of your choice?

Do you and your friends have free time weekdays from 12:00–3:00pm?

Then it's time to
Design a Class!



Three to five swimmers are needed to schedule a group lesson on the day that fits your schedule.

For more information, contact
Aquatics Services Manager at **703-435-6800 x2128**.

Be Active

» Preschool

ATTENTION: Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Baby and Me Age 6–18 months

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety, and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes

no class 3/31, 5/26

Sa	9:30–9:55am	3/10–4/21	\$54 / \$66	401100.60
Sa	9:30–9:55am	4/28–6/9	\$54 / \$66	401100.61

Toddler and Me Age 18 months–3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes

no class 3/26, 3/28, 3/31, 5/26, 5/28

M	10:00–10:25am	3/12–4/23	\$54 / \$66	401200.10
M	10:00–10:25am	4/30–6/11	\$54 / \$66	401200.11
W	10:00–10:25am	3/14–4/25	\$54 / \$66	401200.30
W	10:00–10:25am	5/2–6/6	\$54 / \$66	401200.31
Sa	10:00–10:25am	3/10–4/21	\$54 / \$66	401200.60
Sa	10:30–10:55am	3/10–4/21	\$54 / \$66	401200.61
Sa	10:00–10:25am	4/28–6/9	\$54 / \$66	401200.62
Sa	10:30–10:55am	4/28–6/9	\$54 / \$66	401200.63

Preschooler and Me Age 3–5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3–5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.

6, 25 minute classes

no class 3/31, 5/26

Sa	9:00–9:25am	3/10–4/21	\$54 / \$66	401300.60
Sa	9:00–9:25am	4/28–6/9	\$54 / \$66	401300.61

Preschooler 1 Age 3–5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

5, 25 minute classes

M–F	11:00–11:25am	3/26–3/30	\$45 / \$55	402100.13
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Preschooler 1 (continued)

6, 25 minute classes		no class 3/26, 3/28, 3/31, 5/26, 5/28		
M	9:30-9:55am	3/12-4/23	\$54 / \$66	402100.10
M	9:30-9:55am	4/30-6/11	\$54 / \$66	402100.14
W	9:30-9:55am	3/14-4/25	\$54 / \$66	402100.30
W	9:30-9:55am	5/2-6/6	\$54 / \$66	402100.32
Sa	8:30-8:55am	3/10-4/21	\$54 / \$66	402100.60
Sa	9:30-9:55am	3/10-4/21	\$54 / \$66	402100.61
Sa	11:30-11:55am	3/10-4/21	\$54 / \$66	402100.62
Sa	8:30-8:55am	4/28-6/9	\$54 / \$66	402100.63
Sa	9:30-9:55am	4/28-6/9	\$54 / \$66	402100.64
Sa	11:30-11:55am	4/28-6/9	\$54 / \$66	402100.65

8, 25 minute classes **no class 3/26, 3/27, 3/28, 3/29, 5/28**

M/W	6:30-6:55pm	3/12-4/11	\$72 / \$88	402100.11
M/W	6:30-6:55pm	4/16-5/9	\$72 / \$88	402100.12
M/W	6:30-6:55pm	5/14-6/11	\$72 / \$88	402100.15
Tu/Th	7:00-7:25pm	3/13-4/12	\$72 / \$88	402100.21
Tu/Th	7:00-7:25pm	4/17-5/10	\$72 / \$88	402100.22
Tu/Th	7:00-7:25pm	5/15-6/7	\$72 / \$88	402100.24
Tu/Th	6:00-6:25pm	3/13-4/12	\$72 / \$88	402100.25
Tu/Th	6:00-6:25pm	4/17-5/10	\$72 / \$88	402100.26
Tu/Th	6:00-6:25pm	5/15-6/7	\$72 / \$88	402100.27

10, 25 minute classes **no class 4/1**

Su	10:00-10:25am	3/11-5/20	\$90 / \$110	402100.70
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Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

5, 25 minute classes

M-F	10:30-10:55am	3/26-3/30	\$45 / \$55	402200.15
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6, 25 minute classes **no class 3/26, 3/28, 3/31, 5/26, 5/28**

M	10:30-10:55am	3/12-4/23	\$54 / \$66	402200.10
M	10:30-10:55am	4/30-6/11	\$54 / \$66	402200.13
W	10:30-10:55am	3/14-4/25	\$54 / \$66	402200.30
W	10:30-10:55am	5/2-6/6	\$54 / \$66	402200.32
Sa	9:00-9:25am	3/10-4/21	\$54 / \$66	402200.60
Sa	10:00-10:25am	3/10-4/21	\$54 / \$66	402200.61
Sa	9:00-9:25am	4/28-6/9	\$54 / \$66	402200.62
Sa	10:00-10:25am	4/28-6/9	\$54 / \$66	402200.63

8, 25 minute classes **no class 3/26, 3/27, 3/28, 3/29, 5/28**

M/W	7:00-7:25pm	3/12-4/11	\$72 / \$88	402200.11
M/W	7:00-7:25pm	4/16-5/9	\$72 / \$88	402200.12

Preschooler 2 (continued)

8, 25 minute classes		no class 3/26, 3/27, 3/28, 3/29, 5/28		
M/W	7:00-7:25pm	5/14-6/11	\$72 / \$88	402200.14
M/W	6:00-6:25pm	3/12-4/11	\$72 / \$88	402200.17
M/W	6:00-6:25pm	4/16-5/9	\$72 / \$88	402200.18
M/W	6:00-6:25pm	5/14-6/11	\$72 / \$88	402200.19
Tu/Th	6:30-6:55pm	3/13-4/12	\$72 / \$88	402200.21
Tu/Th	6:30-6:55pm	4/17-5/10	\$72 / \$88	402200.22
Tu/Th	6:30-6:55pm	5/15-6/7	\$72 / \$88	402200.24

10, 25 minute classes **no class 4/1**

Su	10:30-10:55am	3/11-5/20	\$90 / \$110	402200.70
Su	11:30-11:55am	3/11-5/20	\$90 / \$110	402200.71

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, and treading water. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	10:00-10:25am	3/26-3/30	\$45 / \$55	402300.15
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6, 25 minute classes **no class 3/26, 3/28, 3/31, 5/26, 5/28**

M	11:00-11:25am	3/12-4/23	\$54 / \$66	402300.10
M	11:00-11:25am	4/30-6/11	\$54 / \$66	402300.13
W	11:00-11:25am	3/14-4/25	\$54 / \$66	402300.30
W	11:00-11:25am	5/2-6/6	\$54 / \$66	402300.32
Sa	10:30-10:55am	3/10-4/21	\$54 / \$66	402300.60
Sa	10:30-10:55am	4/28-6/9	\$54 / \$66	402300.61
Sa	11:00-11:25am	3/10-4/21	\$54 / \$66	402300.62
Sa	11:00-11:25am	4/28-6/9	\$54 / \$66	402300.63

8, 25 minute classes **no class 3/26, 3/27, 3/28, 3/29, 5/28**

M/W	5:00-5:25pm	3/12-4/11	\$72 / \$88	402300.11
M/W	5:00-5:25pm	4/16-5/9	\$72 / \$88	402300.12
M/W	5:00-5:25pm	5/14-6/11	\$72 / \$88	402300.14
Tu/Th	5:30-5:55pm	3/13-4/12	\$72 / \$88	402300.21
Tu/Th	5:30-5:55pm	4/17-5/10	\$72 / \$88	402300.22
Tu/Th	5:30-5:55pm	5/15-6/7	\$72 / \$88	402300.24

10, 25 minute classes **no class 4/1**

Su	11:00-11:25am	3/11-5/20	\$90 / \$110	402300.70
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Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water, and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

5, 25 minute classes

M-F	9:30-9:55am	3/26-3/30	\$45 / \$55	402400.10
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6, 25 minute classes **no class 3/31, 5/26**

Sa	11:00-11:25am	3/10-4/21	\$54 / \$66	402400.60
Sa	11:00-11:25am	4/28-6/9	\$54 / \$66	402400.61

8, 25 minute classes **no class 3/26, 3/27, 3/28, 3/29, 5/28**

M/W	5:30-5:55pm	3/12-4/11	\$72 / \$88	402400.11
M/W	5:30-5:55pm	4/16-5/9	\$72 / \$88	402400.12
M/W	5:30-5:55pm	5/14-6/11	\$72 / \$88	402400.14
Tu/Th	5:00-5:25pm	3/13-4/12	\$72 / \$88	402400.21
Tu/Th	5:00-5:25pm	4/17-5/10	\$72 / \$88	402400.22
Tu/Th	5:00-5:25pm	5/15-6/7	\$72 / \$88	402400.24

10, 25 minute classes **no class 4/1**

Su	9:30-9:55am	3/11-5/20	\$90 / \$110	402400.70
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Float Night

IT'S BACK!

Our **NEW Pirate Ship float** will be out to play on the **third Friday of every month** from **7:30-9:30pm**. Play on the float or bring your own floats and toys and have fun with the whole family.

Did You Know?

The Pirate Ship sets sail in the pool most **Saturdays and Sundays from 1:30-3pm!**

AQUATICS

Preschooler 5 Age 4-6

To enroll in this class, students should be able to swim a distance of 25 yards of front crawl with rotary breathing, and 10 yards of back crawl and breaststroke. The course will focus on coordination of the front crawl with bilateral breathing, back crawl, elementary backstroke, breaststroke, butterfly, racing dives, open turns and basic water safety instruction.

6, 25 minute classes			no class 3/31, 5/26	
Sa	11:30-11:55am	3/10-4/21	\$54 / \$66	402500.60
Sa	11:30-11:55am	4/28-6/9	\$54 / \$66	402500.61
10, 25 minute classes			no class 4/1	
Su	9:00-9:25am	3/11-5/20	\$90 / \$110	402500.70

» Youth

ATTENTION: Parents should read class requirements and descriptions **carefully** to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class.

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

5, 30 minute classes				
M-F	11:30am-12:00pm	3/26-3/30	\$45 / \$55	403110.16
6, 30 minute classes				
Sa	11:00-11:30am	3/10-4/21	\$54 / \$66	403110.60
Sa	11:00-11:30am	4/28-6/9	\$54 / \$66	403110.61
8, 30 minute classes				
M/W	6:00-6:30pm	3/12-4/11	\$72 / \$88	403110.11
M/W	6:00-6:30pm	4/16-5/9	\$72 / \$88	403110.12
M/W	6:00-6:30pm	5/14-6/11	\$72 / \$88	403110.13
Tu/Th	5:00-5:30pm	3/13-4/12	\$72 / \$88	403110.21
Tu/Th	5:00-5:30pm	4/17-5/10	\$72 / \$88	403110.22
Tu/Th	5:00-5:30pm	5/15-6/7	\$72 / \$88	403110.23
10, 30 minute classes				
Su	11:30am-12:00pm	3/11-5/20	\$90 / \$110	403110.70

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

5, 30 minute classes				
M-F	11:00-11:30am	3/26-4/30	\$45 / \$55	403210.19
6, 30 minute classes				
Sa	10:30-11:00am	3/10-4/21	\$54 / \$66	403210.60
Sa	10:30-11:00am	4/28-6/9	\$54 / \$66	403210.61
8, 30 minute classes				
M/W	6:30-7:00pm	3/12-4/11	\$72 / \$88	403210.11
M/W	6:30-7:00pm	4/16-5/9	\$72 / \$88	403210.12
M/W	6:30-7:00pm	5/14-6/11	\$72 / \$88	403210.13
M/W	7:00-7:30pm	3/12-4/11	\$72 / \$88	403210.16

WACKY WEDNESDAY
12:00-3:00PM

Be Active

AGE 12 & UNDER

\$5 PARENT/CHILD
\$2 EACH ADDITIONAL CHILD

Come join us in the pool for great fun and games for the younger crowd. The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using some areas of the pool.

Swim 2 (continued)

8, 30 minute classes			no class 3/26-3/28, 3/29, 5/28	
M/W	7:00-7:30pm	4/16-5/9	\$72 / \$88	403210.17
M/W	7:00-7:30pm	5/14-6/11	\$72 / \$88	403210.18
Tu/Th	5:30-6:00pm	3/13-4/12	\$72 / \$88	403210.21
Tu/Th	5:30-6:00pm	4/17-5/10	\$72 / \$88	403210.22
Tu/Th	5:30-6:00pm	5/15-6/7	\$72 / \$88	403210.23
10, 30 minute classes			no class 4/1	
Su	11:00-11:30am	3/11-5/20	\$90 / \$110	403210.70

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

5, 30 minute classes				
M-F	10:30-11:00am	3/26-3/30	\$45 / \$55	403310.16
6, 30 minute classes				
Sa	10:00-10:30am	3/10-4/21	\$54 / \$66	403310.60
Sa	10:00-10:30am	4/28-6/9	\$54 / \$66	403310.61
8, 30 minute classes				
M/W	5:30-6:00pm	3/12-4/11	\$72 / \$88	403310.11
M/W	5:30-6:00pm	4/16-5/9	\$72 / \$88	403310.12
M/W	5:30-6:00pm	5/14-6/11	\$72 / \$88	403310.14
Tu/Th	6:30-7:00pm	3/13-4/12	\$72 / \$88	403310.21
Tu/Th	6:30-7:00pm	4/17-5/10	\$72 / \$88	403310.22
Tu/Th	6:30-7:00pm	5/15-6/7	\$72 / \$88	403310.23
10, 30 minute classes				
Su	10:30-11:00am	3/11-5/20	\$90 / \$110	403310.70

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, and breaststroke. Diving skills are introduced.

5, 30 minute classes				
M-F	10:00-10:30am	3/26-3/30	\$45 / \$55	403410.16
6, 30 minute classes				
Sa	9:30-10:00am	3/10-4/21	\$54 / \$66	403410.60
Sa	9:30-10:00am	4/28-6/9	\$54 / \$66	403410.61
8, 30 minute classes				
M/W	5:00-5:30pm	3/12-4/11	\$72 / \$88	403410.11
M/W	5:00-5:30pm	4/16-5/9	\$72 / \$88	403410.12

AQUA EGG HUNT

SATURDAY, MARCH 24 1:30-4:30PM

Join us for our Ninth Annual Aqua Egg Hunt!

Children will collect as many floating and sinking eggs as possible in the time allowed.

Everyone will receive a prize!

Please be aware of the group selected when registering. Arrive early to sign in and receive your egg collecting bag.

After the hunt, families may stay for open swim.

Swim attire is required. No mesh shorts are allowed in the pool. Children 6 years and under must be accompanied by a parent in the water.

The event is popular, so it is highly recommended that you preregister. Each group is limited to 20 children. \$10 fee includes one parent and one child. Online registration is available until 12pm on March 24. After that time, all registrations must be completed at the front desk.

Age 6 & under

(parent required in the water)

1:30-1:40pm 409210.60

2:30-2:40pm 409210.63

3:30-3:40pm 409210.66

Age 7-10

1:50-2:00pm 409210.61

2:50-3:00pm 409210.64

3:50-4:00pm 409210.67

Age 11 & up

2:10-2:20pm

409210.62

3:10-3:20pm

409210.65

4:10-4:20pm

409210.68



Swim 4 (continued)

8, 30 minute classes no class 3/26-3/28, 3/29, 5/28

M/W	5:00-5:30pm	5/14-6/11	\$72 / \$88	403410.14
Tu/Th	6:00-6:30pm	3/13-4/12	\$72 / \$88	403410.21
Tu/Th	6:00-6:30pm	4/17-5/10	\$72 / \$88	403410.22
Tu/Th	6:00-6:30pm	5/15-6/7	\$72 / \$88	403410.23
Tu/Th	7:00-7:30pm	3/13-4/12	\$72 / \$88	403410.24
Tu/Th	7:00-7:30pm	4/17-5/10	\$72 / \$88	403410.25
Tu/Th	7:00-7:30pm	5/15-6/7	\$72 / \$88	403410.26

10, 30 minute classes no class 4/1

Su	10:00-10:30am	3/11-5/20	\$90 / \$110	403410.70
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Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes: diving, water entries, and treading.

5, 45 minute classes

M-F	9:15-10:00am	3/26-3/30	\$68 / \$83	403510.11
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6, 45 minute classes no class 3/30, 3/31, 5/26

F	5:30-6:15pm	3/16-4/27	\$81 / \$99	403510.50
F	5:30-6:15pm	5/4-6/8	\$81 / \$99	403510.51
Sa	8:45-9:30am	3/10-4/21	\$81 / \$99	403510.60
Sa	8:45-9:30am	4/28-6/9	\$81 / \$99	403510.61

10, 45 minute classes no class 4/1

Su	9:15-10:00am	3/11-5/20	\$135 / \$165	403510.70
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» Adapted Aquatics Age 5-16

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner

6, 30 minute classes

no class 3/30

F	4:00-4:30pm	3/16-4/27	\$54 / \$66	403810.50
F	4:30-5:00pm	3/16-4/27	\$54 / \$66	403810.51
F	4:00-4:30pm	5/4-6/10	\$54 / \$66	403810.52
F	4:30-5:00pm	5/4-6/10	\$54 / \$66	403810.53

Advanced

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

6, 30 minute classes

no class 3/30

F	5:00-5:30pm	3/16-4/27	\$54 / \$66	403910.50
F	5:00-5:30pm	5/4-6/10	\$54 / \$66	403910.51

» Stroke Development & Preparedness Age 5-16

Swimmers in the Fall, Winter, and Spring sessions will have the opportunity to participate in a meet sometime during the season. Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team.

Youth Developmental 1

Youth Developmental 1 swimmers must be able to swim 25 yards of front crawl with rotary breathing and 25 yards of backstroke without stopping.

10, 45 minute classes no class 3/26, 3/31, 4/1

M	1:30-2:15pm	3/12-5/21	\$120 / \$150	404110.11
Sa	11:45am-12:30pm	3/10-5/19	\$120 / \$150	404110.60
Su	11:30am-12:15pm	3/11-5/20	\$120 / \$150	404110.70
Su	4:00-4:45pm	3/11-5/20	\$120 / \$150	404110.71
Su	5:30-6:15pm	3/11-5/20	\$120 / \$150	404110.72

Youth Developmental 2

Youth Developmental 2 swimmers must be able to swim 50 yards each of front crawl with rotary breathing and backstroke without stopping, plus 25 yards each of legal butterfly and breaststroke.

10, 45 minute classes no class 3/31, 4/1

Sa	11:45am-12:30pm	3/10-5/19	\$120 / \$150	404210.61
Su	10:45-11:30am	3/11-5/20	\$120 / \$150	404210.73
Su	4:45-5:30pm	3/11-5/20	\$120 / \$150	404210.74
Su	6:15-7:00pm	3/11-5/20	\$120 / \$150	404210.75

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact Christina Bolzman, Aquatic Programming Specialist, at 703-435-6800 x2134 to schedule an evaluation at no charge.

» Adult

Beginner Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and changing position in the water is taught. Basic stroke technique is introduced.

6, 45 minute classes no class 3/26, 3/31, 5/26, 5/28

M	10:00-10:45am	3/12-4/23	\$78 / \$96	406130.10
M	10:00-10:45am	4/30-6/11	\$78 / \$96	406130.11
Sa	10:30-11:15am	3/10-4/21	\$78 / \$96	406130.60
Sa	10:30-11:15am	4/28-6/9	\$78 / \$96	406130.61
Sa	12:00-12:45pm	3/10-4/21	\$78 / \$96	406130.62
Sa	12:00-12:45pm	4/28-6/9	\$78 / \$96	406130.64

10, 45 minute classes no class 4/1

Su	9:45-10:30am	3/11-5/20	\$130 / \$160	406130.71
Su	11:15am-12:00pm	3/11-5/20	\$130 / \$160	406130.70

Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke, and breaststroke. Treading water and introduction to breathing are included in this class.

6, 45 minute classes no class 3/26, 3/31, 5/26, 5/28

M	10:45-11:30am	3/12-4/23	\$78 / \$96	406230.10
M	10:45-11:30am	4/30-6/11	\$78 / \$96	406230.11
Sa	11:15am-12:00pm	3/10-4/21	\$78 / \$96	406230.60
Sa	11:15am-12:00pm	4/29-6/9	\$78 / \$96	406230.61

10, 45 minute classes no class 4/1

Su	10:30-11:15am	3/11-5/20	\$130 / \$160	406230.70
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Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 drop-in fee per practice)

23, 60 minute classes no class 3/26, 3/28, 5/28

M/W	8:30-9:30pm	3/12-6/6	\$92 / \$115	406630.10
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Adult Stroke Clinic

FREE WITH ADMISSION NO REGISTRATION REQUIRED

TUESDAYS 12:00-1:00pm

Get pointers on:
Improving stroke techniques
Fixing bad swim stroke habits



Diving Guidelines

Be Active

Introduction to Diving

No previous diving experience necessary, but must be able to:

- » Be comfortable in deep water
- » Swim 25 yards

Diving 1

Successful completion of Introduction to Diving or the ability to:

- » Be comfortable in deep water
- » Swim 25 yards
- » Dive head first from the side of the pool

Diving 2

Successful completion of Diving 1 or the ability to:

- » Swim 25 yards
- » Forward approach of 3 steps, hurdle and tuck dive
- » Instructor permission recommended

» Diving

Introduction to Diving Age 5-12

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

10, 30 minute classes no class 3/27

Tu	5:15-5:45pm	3/13-5/22	\$90 / \$120	404510.20
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Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

10, 45 minute classes no class 3/27

Tu	5:45-6:30pm	3/13-5/22	\$135 / \$180	404610.20
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Diving 2 Age 7-17

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

10, 60 minute classes no class 3/27

Tu	6:30-7:30pm	3/13-5/22	\$180 / \$240	404710.20
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» Aquatic Extras

Water Safety Instructor Class Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety pre-course test. Students must pick up their materials, and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of pre-course skills, please call the Aquatics Services Manager at 703-435-6800 x2128.

6, 4 hour classes

M-Su	6:00-10:00pm	5/15-5/20	\$286 / \$346	407130.50
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Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

4, 9 hour classes

M-Th	9:00am-6:00pm	5/21-5/24	\$286 / \$346	407230.61
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4, 8 hour classes

M-Th	9:00am-5:00pm	3/26-3/29	\$286 / \$346	407230.60
Sa/Su	9:00am-5:00pm	4/21-4/29	\$286 / \$346	407230.64

Lifeguard Review Class Age 15 & up

For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

2, 8 hour classes

Sa/Su	9:00am-5:00pm	3/24-3/25	\$150 / \$150	407230.62
Sa/Su	9:00am-5:00pm	5/19-5/20	\$150 / \$150	407230.63



Plan now to become a certified lifeguard and increase your chances of getting a summer job.

» Aquatic Fitness

Power Splash Age 16 & up

Get energized with a total-body cardio and resistance workout in deep water. Invigorating and energetic way to start the weekend. Class uses a variety of flotation devices including noodles, kick boards, medicine balls, plyometrics, and other water resistance devices. Music inspired power moves to help you improve your total body water workout. Participants must be comfortable in deep water.

12, 60 minute classes

F	8:00-9:00am	3/16-6/8	\$108 / \$132	408230.50
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Therapeutic Water Workout Age 16 & up

Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled water shoes are strongly recommended.

24, 60 minute classes

no class 3/27, 3/29

Tu/Th	10:00-11:00am	3/13-6/7	\$216 / \$264	408330.20
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Senior Water Aerobics Age 16 & up

Exercise class for active older adults. Promotes fitness, flexibility and range of motion. No swimming experience is necessary. Rubber-soled water shoes are strongly recommended.

24, 60 minute classes

no class 3/26, 3/28, 5/28

M/W	9:00-10:00am	3/12-6/11	\$216 / \$264	408440.10
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12, 60 minute classes

no class 3/30

F	9:00-10:00am	3/16-6/8	\$108 / \$132	408440.50
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Water Aerobics Age 16 & up

The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled water shoes are strongly recommended.

24, 60 minute classes

no class 3/27, 3/29

Tu/Th	9:30-10:30am	3/13-6/7	\$216 / \$264	408530.20
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Water Walking Age 16 & up

Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

24, 60 minute classes

no class 3/26, 3/28, 5/28

M/W	8:00-9:00am	3/12-6/11	\$216 / \$264	408630.10
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Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

12, 60 minute classes

no class 3/31, 5/26

Sa	8:00-9:00am	3/10-6/9	\$108 / \$132	408730.60
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24, 60 minute classes

no class 3/26-3/28, 3/29, 5/28

M/W	6:30-7:30pm	3/12-6/11	\$216 / \$264	408730.10
Tu/Th	8:30-9:30am	3/13-6/7	\$216 / \$264	408730.20

Deep Water 2 Age 16 & up

This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

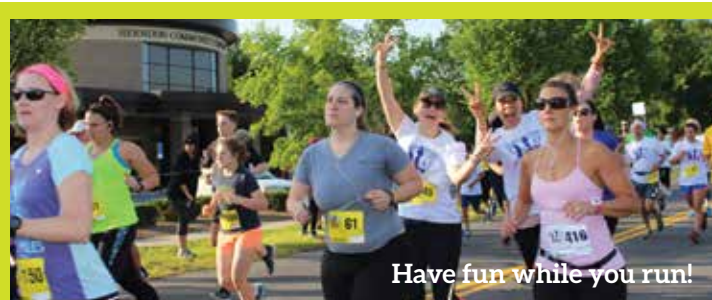
24, 60 minute classes

no class 3/26-3/28, 3/29, 5/28

M/W	7:30-8:30pm	3/12-6/11	\$216 / \$264	408830.10
Tu/Th	7:30-8:30am	3/13-6/7	\$216 / \$264	408830.20

PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.



Have fun while you run!



Festival 5K Training Age 16 & up

The Herndon Festival 5K/10K race takes place on Sunday, June 3 and your training starts now! Planning to run your first 5K, take your running to the next level or simply improving

on your personal best? We can help! Meet with a certified running coach weekly to work on your running technique, endurance base, proper form and core strength. Running portion will be held outdoors, so dress accordingly. Race registration for the Herndon Festival 5K/10K is included in cost of program.

13, 75 minute classes

W	6:00-7:15pm	3/14-6/6	\$173 / \$199	420130.20
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The Big Downsize Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment. If you have advanced to a more challenging workout, please register for the Monday Circuit Breaker class.

13, 60 minute classes

no class 5/28

M	7:00-8:00pm	3/12-6/11	\$111 / \$148	420230.10
W	7:00-8:00pm	3/14-6/6	\$111 / \$148	420230.30

Circuit Breaker Age 16 & up

Amp up your workout in this electrifying circuit style class! Circuit training is a total body challenge that is designed to combine resistance training and cardio, which target strength building, improve agility and muscular endurance. This class is also the next level up for those that have progressed through The Big Downsize or are already at an intermediate/advanced level. Get ready to break a sweat!

13, 60 minute classes

no class 5/28

M	6:00-7:00pm	3/12-6/11	\$111 / \$148	420530.10
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Lunch Crunch Age 16 & up

It's too easy to get into a boring routine when you're crunched for time. Designed for a small group by our trainers, come mix it up with this total-body circuit.

13, 60 minute classes

no class 5/28

M	12:00-1:00pm	3/12-6/11	\$111 / \$148	420730.10
Tu	12:00-1:00pm	3/13-6/5	\$111 / \$148	420730.20
W	12:00-1:00pm	3/14-6/6	\$111 / \$148	420730.30
Th	12:00-1:00pm	3/15-6/7	\$111 / \$148	420730.40

Morning Buzz Age 16 & up

Roll out of bed and get ready to start your day with a bit of sweat and a fantastic jolt to your metabolism! Hit every muscle group as you burn calories, zipping through stations using different fitness equipment, including battle ropes, ViPR, BOSU and TRX. Enjoy the energy buzz you'll feel all day.

13, 60 minute classes

W	6:15-7:15am	3/14-6/6	\$111 / \$148	420930.30
F	6:15-7:15am	3/16-6/8	\$111 / \$148	420930.50

TRX Suspension Training Age 16 & up

TRX provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had while allowing modifications for all ages and levels. The beginner class allows for longer transition times, pace, and additional modifications.

BEGINNER

13, 45 minute classes

F	9:30-10:15am	3/16-6/8	\$83 / \$110	422430.51
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INTERMEDIATE

13, 30 minute classes

F	12:30-1:00pm	3/16-6/8	\$55 / \$73	422430.50
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13, 45 minute classes

Tu	7:00-7:45pm	3/13-6/5	\$83 / \$110	422430.24
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Small Group Personal Training for Teachers

Age 16 & up

Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school. Open to non-teachers!

12, 60 minute classes

no class 3/26, 5/28

M	4:15-5:15pm	3/12-6/11	\$102 / \$136	422530.11
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12, 60 minute classes

no class 3/28

W	4:45-5:45pm	3/14-6/6	\$111 / \$148	422530.31
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Cyclist Cross-training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

13, 60 minute classes

Tu	6:00-7:00pm	3/13-6/5	\$111 / \$148	422850.20
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Half Marathon Training Age 16 & up

Does running 13.1 miles intimidate you? Then this is the class for you! Join the excitement of training for your first-ever half marathon (or get back into running shape) with a certified running coach. 13.1 is a challenge, but will not require the same time-commitment as training for a full marathon. Fine tune endurance, work on speed and gait all while learning how to mentally prepare for running longer distances each week. Sign up for this 12-week training program, and finish the race with a smile on your face! The class culminates with the running of a local half marathon in early June. All participants register for the race independently of HCC programs.

13, 90 minute classes

Th	6:00-7:30pm	3/15-6/7	\$166 / \$221	420430.40
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» Active Adult Classes

Balance Training Age 55 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

13, 55 minute classes

Tu	9:30-10:25am	3/13-6/5	\$85 / \$113	421730.20
Th	9:30-10:25am	3/15-6/7	\$85 / \$113	421730.40

Turn Back the Clock Age 55 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout. **No online registration for the advanced class; participants must submit a registration form in person at the community center for instructor approval.**

13, 55 minute classes

no class 5/28

M	8:30-9:25am	3/12-6/11	\$85 / \$113	421830.10
M	9:30-10:25am	3/12-6/11	\$85 / \$113	421830.11
W	9:30-10:25am	3/14-6/6	\$85 / \$113	421830.30
W	6:00-6:55pm	3/14-6/6	\$85 / \$113	421830.32

NOR ADVANCED

13, 55 minute classes

W	8:30-9:25am	3/14-6/6	\$85 / \$113	421830.31
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Strength Circuit Age 55 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

13, 55 minute classes

Tu	1:30-2:25pm	3/13-6/5	\$85 / \$113	421940.20
Th	9:30-10:25am	3/15-6/7	\$85 / \$113	421940.40

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you, and support you so that you may reach your desired fitness goals!



Tom



Karen

3-SESSION STARTER PACK*

*New training clients only

30 minute sessions

3 workouts \$99 / \$124

ONE-ON-ONE PERSONAL TRAINING

30 minute sessions

1 workout \$36 / \$45
6 workouts \$180 / \$225
10 workouts \$244 / \$305

45 minute sessions

1 workout \$47 / \$59
6 workouts \$237 / \$296
10 workouts \$349 / \$436

60 minute sessions

1 workout \$64 / \$80
6 workouts \$317 / \$396
10 workouts \$462 / \$578

TWO-ON-ONE PARTNER TRAINING

(Pricing is PER PERSON)

60 minute sessions

1 workout \$34 / \$43
6 workouts \$190 / \$238
10 workouts \$300 / \$375

Teen Personal Training: Intro to Strength Training Age 12-15

45 minute sessions

6 workouts \$190 / \$224

Training designed with adolescents in mind. Teens will learn strength training techniques, exercise intensity, frequency and duration. Students will be given a Youth Fitness ID, which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates). By appointment only. Please contact the Head Fitness Trainer to schedule 703-435-6800 x2131.



Trey



Jane N.






















Caryn



Miro

SPRING 2018 DROP-IN EXERCISE CLASS SCHEDULE

MON.	ActivMotion Bar 8:50-9:20am	Body Blaster Circuit 9:25-10:25am		 5:30-6:30pm	 6:40-7:40pm	 6:45-7:45pm
TUE.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:25-6:25pm	 6:40-7:40pm
WED.	ActivMotion Bar 8:50-9:20am	Body Blaster Circuit 9:25-10:25am		 5:00-6:00pm	 6:00-7:00pm	
THR.	 6:00-7:00am	Cardio-Sculpt Intervals 9:30-10:30am	Ab Express 12:15-1:00pm	 5:30-6:30pm	 5:25-6:25pm	 6:40-7:40pm
FRI.		 5:25-6:25pm	SCHEDULE WILL BE LIMITED FROM MARCH 5-25 DUE TO FLOOR WORK. Please check the website or call the community center to find out the status of individual classes. <i>» Instructor subject to change during the season.</i> <i>» Please do not enter a class more than ten minutes past the scheduled start time.</i> <i>» Drop-In Exercise classes are designed for age 16 & up.</i> <i>» Please consult your doctor prior to starting any exercise program.</i>			
SAT.	 9:00-10:00am	 10:15-11:15am				
	 11:30am-12:30pm					
SUN.	 9:00-10:00am	No class 5/28		 Use your smart phone to scan or go online to http://bit.ly/dropfit for the most up-to-date Drop-In Fitness Schedule.		

SCHEDULE EFFECTIVE MONDAY, MARCH 12 - SATURDAY, JUNE 16

» Drop-In Exercise

Ab Express Age 16 & up

Ab Express is a 45 minute intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-1:00pm**

ActivMotion Bar™ Age 16 & up

ActivMotion Training utilizes the innovative, dynamic nature of the ActivMotion Bar™, which uses internal rolling steel weights to provide an unparalleled fitness experience that ignites the body and mind in completely new ways. With the aid of this unique bar, ActivMotion Training will educate you to move beyond your limits to greater functional fitness, core strength, stability and balance. **M/W 8:50-9:20am No Class 5/28**

Body Blaster Circuit Age 16 & up

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body.

M/W 9:25-10:25am No Class 5/28

Cardio/Sculpt Intervals Age 16 & up

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls.

Tu/Th 9:30-10:30am



Drop-In Fitness classes are free with admission to the HCC.

Take advantage of the free drop-off babysitting service run by our friendly staff.

Kid Care

MORNING:

M/W 9:00-11:30am
Tu/Th 9:00am-12:00pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5:00-8:00pm
F 5:15-7:00pm

Children 10 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule. Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.



AGE 16 & up

BODYPUMP™ is a barbell class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), **BODYPUMP™** gives you a total body workout that burns lots of calories. The rep effect, a scientifically proven Les Mills formula, is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a **BODYPUMP™** class will help you achieve much more than you would be able to on your own!

M 6:40-7:40pm
 Tu 6:40-7:40pm
 W 6:00-7:00pm
 Th 6:40-7:40pm
 Sa 10:15-11:15am

No class 5/28



AGE 16 & up

BODYCOMBAT™ is a high-energy martial arts-inspired cardio workout that is totally non-contact. Punch and kick your way to fitness and burn up to 545 calories in a class. The moves are simple, so no need to be especially coordinated and no experience needed. Learn moves from Karate, Tae kwon do, Boxing, Muay Thai, Capoeira and Kung Fu.

Tu 5:25-6:25pm
 Th 5:25-6:25pm
 Sa 9:00-10:00am
 Su 9:00-10:00am



BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.
 Classes held outdoors at the Herndon Community Center/Bready Park.

Other locations: Check our updated listing on www.FIResults.com or call **1-877-62SHAPE (877-627-4273)** for more information. Guaranteed Results!



AGE 16 & up

A Latino-influenced dance style class that combines high-energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M 5:30-6:30pm Th 6:00-7:00am
 M 6:45-7:45pm Th 5:30-6:30pm
 Tu 6:00-7:00am F 5:25-6:25pm
 Tu 5:30-6:30pm Sa 11:30am-12:30pm
 W 5:00-6:00pm

No class 5/28

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register. Monday-Friday | 6:00-7:15am

Welcome Back Tom!



Tom Milenkevich is a career fitness professional, a personal trainer at heart, and has a passion for promoting the habits of healthy living. He returns to HCC as our Fitness Supervisor. Tom holds a degree in Exercise Science and is a Certified Strength & Conditioning Specialist. He has coached thousands of people over the last 20 years - always aiming to educate and inspire people to embrace fitness as an integral part of life. Tom believes that exercise makes almost everything in your body work better, and that it is never too late to get more fit. To find out how Tom and our fitness team can help you achieve your goals, contact Tom at 703-435-6800 x2132 or Tom.Milenkevich@herndon-va.gov

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 60 minute classes			no class 3/26, 3/28, 5/28	
M	2:30-3:30pm	3/12-6/11	\$105 / \$135	430040.10
W	2:30-3:30pm	3/14-6/6	\$105 / \$135	430040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 90 minute classes			no class 3/26, 3/29, 5/28	
M	7:00-8:30pm	3/12-6/11	\$115 / \$148	430130.10
Th	7:00-8:30pm	3/15-6/7	\$115 / \$148	430130.40

Hatha Yoga Age 16 & up

Are you new to yoga or looking to get back into a regular practice? Beginner Hatha Yoga offers the opportunity to gain increased comfort, flexibility and strength through the yoga asanas. Alignment and proper techniques are emphasized to reduce risk of injury.

NEW! 12, 75 minute classes			no class 3/27	
Tu	7:15-8:30pm	3/13-6/5	\$99 / \$128	430230.20

10, 75 minute classes			no class 4/1, 5/27	
Su	1:00-2:15pm	3/18-6/3	\$83 / \$107	430230.71

Hatha Yoga For Kids Age 5-15

This children's class is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

10, 45 minute classes			no class 4/1, 5/27	
Su	2:30-3:15pm	3/18-6/3	\$74 / \$95	430430.71

Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

12, 60 minute classes			no class 3/30	
F	11:30am-12:30pm	3/16-6/8	\$105 / \$135	431030.50

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, Pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 60 minute classes			no class 3/26, 3/28, 5/28	
M	8:15-9:15pm	3/12-6/11	\$115 / \$148	431131.10
W	8:15-9:15pm	3/14-6/6	\$115 / \$148	431131.31

Tai Chi Age 16 & up

Learn a very simple, yet powerful, form of Sun Style Tai Chi in this class, designed to increase balance, strength, and flexibility. Each session will include warm up exercises to relax the joints of the body, the Tai Chi practice itself, and a meditation or breathing technique to help with stress reduction and relaxation. This course is designed for all fitness levels, and can be done while seated on a chair or even lying down. At the same time, experienced Tai Chi practitioners will enjoy the meditative qualities of this style of Tai Chi. Class will help participants with or without arthritis. Tai Chi 2 is a continuation of the Tai Chi 1 Beginner class.

Tai Chi I

8, 60 minute classes				
Tu	10:15-11:15am	4/3-5/22	\$112 / \$144	431330.20

Tai Chi II (have had Tai Chi experience)

6, 60 minute classes				
F	10:15-11:15am	4/6-5/11	\$84 / \$108	431330.50

QiGong for Stress Relief & Wellness Age 16 & up

Explore techniques from ancient Chinese traditions and modern Tai Chi Masters to enhance your health and help manage your stress. Each class will include meditation, breathing, acupuncture, and QiGong (moving meditation) practices. By the end of this session, you will have accumulated a variety of helpful tools to support the health of your body, mind, and spirit.

8, 60 minute classes				
Tu	11:30am-12:30pm	4/3-5/22	\$112 / \$144	431331.20

Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 60 minute classes			no class 3/31, 5/26	
Sa	9:00-10:00am	3/10-6/9	\$105 / \$135	431130.60

HCC Admission Specials

\$2

TUESDAYS
(for seniors 65+)
All Day

\$5

FRIDAYS
(from 12:00-9:30pm)
All Ages

Storybook Super Hero Dance Camp Age 5-8

Learn jazz and hip-hop in this inventive camp for girls and boys. Besides dance technique and daily super hero stories, students will create their costume pieces for the performance held the last day. Participants will swim twice (Tuesday and Wednesday) at the HCC indoor pool. Jazz shoes required.

5, 7 hour classes

M-F	9:00am-4:00pm	3/26-3/30	\$150 / \$194	480000.11
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Pottery Mini-Camp Age 8-14

Time to get your hands dirty. Campers will explore the basics of hand-building and wheel techniques in this unique and fun introduction to pottery. This program is designed to inspire your child and encourage creativity. Please remember to bring a snack and a water bottle to camp.

2, 3 hour classes

M-Tu	9:00am-12:00pm	3/26-3/27	\$159 / \$199	480010.01
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Traveling Teens Camp Age 12-17

Do not let your spring break go to waste. Experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes, supervision, van transportation, and admissions. Bring a sack lunch, bathing suit and towel each day. The minimum number of required participants must be reached 10 days prior to the camp to avoid cancellation.

1, 8.5 hour class

8:30am-5:00pm

M	Laser Tag	3/26	\$55 / \$55	480020.10
Tu	Bowling & Pizza	3/27	\$55 / \$55	480020.20
W	Paint Ball	3/28	\$90 / \$90	480020.30
Th	Dave & Busters	3/29	\$65 / \$65	480020.40
F	Launch Trampoline Park	3/30	\$55 / \$55	480020.50

Spring Break Camp Age 6-11

Just what a parent needs when school is out for spring break! There is sure to be something to please every child with crafts, sports, games and indoor swimming. Please wear appropriate clothing for these activities and bring a full lunch with a snack each day.

5, 10.5 hour classes

M-F	7:30am-6:00pm	3/26-3/30	\$130 / \$168	480110.11
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Spring 2018 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm				11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm	7:30-10:00pm	7:30-10:00pm	7:30-10:00pm	

Friday evening open gym may be cancelled for events.

Youth = Age 17 & under and Teen = Age 13-17.

This schedule is subject to change.

Call the Front Desk to confirm the schedule, 703-787-7300.

The open gym schedule will be impacted in March due to the floor replacement.

Adult Open Gym	Adult Basketball	Adult Volleyball
Adult Badminton	Teen Open Gym	Youth Open Gym



Your kid(s) can enjoy a stay-cation at our Spring Break Camps.

Acro/Gymnastics Camp Age 6-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Bring a lunch, snack and a large T-shirt for crafts. Afternoon Extended Care is also available.

5, 6 hour classes

M-F	9:00am-3:00pm	3/26-3/30	\$145 / \$187	488310.10
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Tennis Camp Age 9-12

A great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day in case of inclement weather during the session. Other sport activities such as racquetball and swimming will be included.

5, 7 hour classes

M-F	8:30am-3:30pm	3/26-3/30	\$185 / \$239	488610.10
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Afternoon Extended Care Age 6-12

Extended care is offered for our elementary-age spring break camps until 6:00pm. Kids will continue the camp day with free play, games, and playground time. Your child must be enrolled in Acro/Gymnastics Camp, Storybook Super Hero Dance Camp, or Tennis Camp. Please pack an afternoon snack in addition to lunch and items for the camp in which your child is enrolled.

5, 3 hour classes

M-F	3:00-6:00pm	3/26-3/30	\$60/\$60	480050.10
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Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.

Tae Kwon Do Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

12, 30 minute classes no class 3/30, 3/31, 5/26

F	6:30-7:00pm	3/16-6/8	\$115 / \$148	472000.51
Sa	1:45-2:15pm	3/10-6/9	\$115 / \$148	472000.60

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 60 minute classes no class 3/28

W	6:00-7:00pm	3/14-5/23	\$77 / \$99	472110.40
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Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable workout clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 60 minute classes no class 3/30

F	7:05-8:05pm	3/16-6/8	\$77 / \$99	472250.50
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Kendo Fundamentals Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact John.Walsh@herndon-va.gov

12, 60 minute classes no class 5/27

Su	10:00-11:00am	3/11-6/10	\$44 / \$57	472450.01
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Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

9, 2 hour classes no class 5/27

Su	4:00-6:00pm	4/8-6/10	\$90 / \$116	472750.01
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Kendo Age 13 & up

Class is geared towards Kendoka who have completed the Kendo Fundamentals class and wish to further pursue the art of Kendo. Kendo is a more rigorous class, teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

12, 90 minute classes no class 3/28, 3/30, 4/1, 5/27

W	8:20-9:50pm	3/14-6/6	\$63 / \$81	472550.30
F	8:15-9:45pm	3/16-6/8	\$63 / \$81	472550.51
Su	11:15am-12:45pm	3/11-6/10	\$63 / \$81	472550.50

Iaido Age 18 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving Zen. Gi, Hakama, Bokken or Iaito and approval from the instructor are required to join the class.

12, 60 minute classes no class 4/1, 5/27

Su	10:00-11:00am	3/11-6/18	\$42 / \$53	472650.01
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Birthday Parties at the Herndon Community Center

Call to schedule your party TODAY!
703-787-7300

Land - Pool Party Packages Available
All parties offer 75 minutes of an activity and an hour in the party room.

Improvements to the HCC



Have you been to the HCC lately? New carpeting and tile were installed in the lobby and hallway. Next up for improvement is the gymnasium, which will be closed from March 5-25 to allow for new flooring and bleachers to be installed. Class schedules have been adjusted to accommodate for the closure and many classes will be relocated to other rooms in the HCC. We hope you come to the HCC to get in your recreation and fitness time and enjoy the renovations.

Parent Child Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, focused on age appropriate movements, games and equipment. Participation will enhance your child's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

8, 45 minute classes

no class 5/26

M	9:45-10:30am	4/2-5/21	\$56 / \$72	470000.10
Th	9:45-10:30am	4/5-5/24	\$56 / \$72	470000.40
Sa	9:00-9:45am	4/7-6/2	\$56 / \$72	470000.60

MUNCHKATEERS: This class will focus on beginning gymnastics terms and age appropriate coordination activities. No experience necessary, but must be able to separate from parent and follow group instruction.

Munchkateers 1 Age 3-4

Each week, students will be taught fundamental gymnastic terms and skills (ie: point toes, flex toes, straight legs, forward rolls, etc). Instructors will also lead participants through fitness and coordination obstacles, as well as engage in age appropriate games and activities.

8, 45 minute classes

no class 5/26

M	10:45-11:30am	4/2-5/21	\$56 / \$72	470100.10
W	1:00-1:45pm	4/4-5/23	\$56 / \$72	470100.30
Th	10:45-11:30am	4/5-5/24	\$56 / \$72	470100.40
Sa	10:00-10:45am	4/7-6/2	\$56 / \$72	470100.60

Munchkateers 2 Age 4-6

Each week, students will be taught fundamental gymnastic terms and more challenging gymnastic skills. These skills will assist in advancing your child's motor coordination, strength and flexibility.

8, 45 minute classes

no class 5/26

M	11:45am-12:30pm	4/2-5/21	\$56 / \$72	470200.10
W	2:00-2:45pm	4/4-5/23	\$56 / \$72	470200.30
Th	11:45am-12:30pm	4/5-5/24	\$56 / \$72	470200.40
Sa	11:00-11:45am	4/7-6/2	\$56 / \$72	470200.60

Young Beginners Age 5-12

This class is designed as a transition program to the Level gymnastics classes. The program will include instruction in floor exercise, balance beam, uneven bars, and vaulting. Participants will learn the fundamental progressions and are introduced to basic skills on each event. Participants are grouped by age and ability. No experience necessary, but must be able to follow group instruction and learn gymnastics terminology.

8, 45 minute classes

no class 5/26

M	5:30-6:15pm	4/2-5/21	\$56 / \$72	470310.10
W	4:45-5:30pm	4/4-5/23	\$56 / \$72	470310.30
Th	4:45-5:30pm	4/5-5/24	\$56 / \$72	470310.40
Sa	12:00-12:45pm	4/7-6/2	\$56 / \$72	470310.60

Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.

Level 1 Age 6-12

This class will build upon skills learned in the Young Beginner program. Participants will learn proper form to do a cartwheel, standing round-off, handstand against the wall, backwards roll, bridge on the floor, straddle over on vault, forward dismount on high bar, a round-off dismount on low beam, back scale for three seconds and walk backwards on high beam.

8, 90 minute classes

no class 5/26

M	6:30-8:00pm	4/2-5/21	\$84 / \$108	470410.10
W	5:30-7:00pm	4/4-5/23	\$84 / \$108	470410.30
Th	5:30-7:00pm	4/5-5/24	\$84 / \$108	470410.40
Sa	1:00-2:30pm	4/7-6/2	\$84 / \$108	470410.60

Level 2 Age 6-12

Level 1 experience is recommended to participate in this class. Participants will learn how to do or perform a running round-off rebound, handstand to bridge, standing to bridge, bridge kick-over on the floor, jump to handstand position on the vault, pullover on the bars, and straight jump as well as round-off dismount on the high beam.

8, 90 minute classes

no class 5/26

Tu	5:00-6:30pm	4/3-5/22	\$84 / \$108	470510.20
Th	7:00-8:30pm	4/5-5/24	\$84 / \$108	470510.40
Sa	2:45-4:15pm	4/7-6/2	\$84 / \$108	470510.60

Level 3 Age 6-12

Level 2 experience is recommended to participate in this class. Participants will be introduced to all three splits, front walkovers, back walkovers, a front handspring on the vault, pullover and back hip circle on bars, a cartwheel on low beam, tuck jump, and a front handspring dismount on the high beam.

8, 90 minute classes

no class 5/26

Tu	6:30-8:00pm	4/3-5/22	\$84 / \$108	470610.20
Sa	2:45-4:15pm	4/7-6/10	\$84 / \$108	470610.60

Level 4 Age 6-12

This class is by INSTRUCTOR INVITATION or TRY-OUT ONLY. Must be able to demonstrate all skills taught in the Level 3 class. This program is for our advanced students looking to take the next step in preparing for competition level skills.

8, 90 minute classes

Tu	6:30-8:00pm	4/3-5/22	\$84 / \$108	470710.20
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Gymnastics Spring Break Camp page 15

CHEERLEADING

Age 5-10

This class is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

8, 45 minute classes

M	4:45-5:30pm	4/2-5/21	\$56 / \$72	470910.10
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All dance classes welcome both boys and girls.

Twinkle Toes Age 12-24 months

This parent (or other caring adult)/child class is designed to encourage gross motor development through dance presented in a fun, playful atmosphere.

12, 45 minute classes

Th	9:00-9:45am	3/15-6/7	\$87 / \$112	441100.41
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Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes no class 3/26, 3/28, 3/31, 5/26, 5/28

M	5:30-6:15pm	3/12-6/11	\$87 / \$112	441100.12
M	10:00-10:45am	3/12-6/11	\$87 / \$112	441100.13
W	10:00-10:45am	3/14-6/6	\$87 / \$112	441100.31
Sa	9:30-10:15am	3/10-6/9	\$87 / \$112	441100.61

Ballet Age 3-8

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute classes no class 3/28, 3/31, 5/26

Beginning Age 3-5

W	11:00-11:45am	3/14-6/6	\$87 / \$112	441210.31
Sa	10:15-11:00am	3/10-6/9	\$87 / \$112	441210.61
Sa	1:30-2:15pm	3/10-6/9	\$87 / \$112	441210.62

Intermediate Age 3-5

Sa	11:00-11:45am	3/10-6/9	\$87 / \$112	441210.63
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Intermediate/Advanced Age 4-6

W	2:00-2:45pm	3/14-6/6	\$87 / \$112	441210.33
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Advanced Age 5-8

Sa	11:45am-12:30pm	3/10-6/9	\$87 / \$112	441210.64
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Tiny Ballet/Jazz/Hip-Hop Age 3-5

In this dance class, basic Ballet, Jazz and Hip-Hop techniques are introduced. Students will learn to dance according to trends of today's popular music.

12, 60 minute classes no class 3/29

Th	11:00am-12:00pm	3/15-6/7	\$87 / \$112	441220.41
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Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center.

Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200



Dance classes help improve strength, flexibility, and range of motion.

Ballet/Tap/Jazz Age 5-12

This basic tap, jazz and beginning ballet technique class will include more challenging barre exercises, while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes no class 3/31, 5/26

Beginner/Intermediate Age 5-8

Sa	2:15-3:15pm	3/10-6/9	\$87 / \$112	442610.61
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Intermediate/Advanced Age 8-12

Sa	3:15-4:15pm	3/10-6/9	\$87 / \$112	442610.62
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Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

12, 60 minute classes no class 3/26, 3/29, 3/31, 5/26, 5/28

Beginning Age 3-5

M	10:45-11:45am	3/12-6/11	\$87 / \$112	444210.11
Th	10:00-11:00am	3/15-6/7	\$87 / \$112	444210.41
Sa	12:30-1:30pm	3/10-6/9	\$87 / \$112	444210.61

Intermediate/Advanced Age 3-5

M	1:00-2:00pm	3/12-6/11	\$87 / \$112	444210.13
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Beginner/Intermediate Age 5-8

M	4:30-5:30pm	3/12-6/11	\$87 / \$112	444210.12
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Hip-Hop Dance Age 4-13

Fun and upbeat style of dance focusing on coordination and strength. Hip-Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes no class 3/29

Beginner Age 4-6

Th	4:30-5:30pm	3/15-6/7	\$87 / \$112	445310.41
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Intermediate Age 6-8

Th	5:30-6:30pm	3/15-6/7	\$87 / \$112	445310.42
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Introducing Robbie Windom



My interest in Hip-Hop dancing started in 2009 during a pep rally at my high school and it grew as I watched Step Up shows. Early on, I taught myself and found inspiration by watching dancer Victor Ramos on YouTube. Over the years, I

have had the opportunity to take classes with William "Willdabeast" Adams, Robert Hoffman, and Cyrus "Glitch" Spencer. I have served as an assistant dance instructor for the Fairhope Based Youth Dance Group, Abstract Crew and assisted in teaching dance combination classes offered at the University of South Alabama, where I majored in International Studies and minored in History.

Some of you may recognize Robbie from Herndon Odyssey, where he has worked with us for two summers. Robbie will teach the new Urban Hip-Hop class.

NEW! Urban Hip-Hop Age 7-15

This is a high intensity Urban Hip-Hop dance class that will cover styles of urban dancing including tutting, moonwalking, top rocks, threading, ground rocks, waving, popping and isolation. Simple routines and a choreographed number will be taught.

12, 60 minute classes no class 3/26, 3/28, 5/28

Age 7-10

W	6:00-7:00pm	3/14-6/6	\$87 / \$112	445311.31
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Age 11-15

M	6:30-7:30pm	3/12-6/11	\$87 / \$112	445311.11
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NEW! Lyrical Age 7-10

This beginner to intermediate level class combines ballet, jazz and modern dance. Lyrical challenges dancers to use choreography and movement to interpret music and express emotion. Dancers will learn lyrical technique along with story-telling through movement. This fluid form of dance is practiced to popular ballads and contemporary music.

12, 60 minute classes no class 3/27

Tu	5:15-6:15pm	3/13-6/5	\$87 / \$112	441111.21
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NEW! Pom Age 9-12

Pom introduces dancers to jazz technique while emphasizing sharp synchronized movements with the visual effect of pom poms. Curriculum will include warm up, stretches, jazz dance, kick-line, turn, leap, jump and pom technique. We will create fun, high-energy pom routines. Students are responsible for their own set of pom poms which can be ordered after the class has hit its minimum enrollment. Jazz shoes are also required.

12, 60 minute classes no class 3/26, 5/28

M	7:30-8:30pm	3/12-6/11	\$87 / \$112	441010.11
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NEW! Herndon Dance Team Age 8-14

This is a performance dance group dedicated to building confidence, increasing performance and dance skill while boosting community spirit. Dancers will be expected to learn, retain and perform intermediate level choreography. Dancers will participate in at least two performance opportunities including one parent performance. Must have 2+ years dance class experience. Consistent attendance is critical. Jazz shoes are mandatory.

12, 90 minute classes no class 3/27

Tu	6:30-8:00pm	3/13-6/5	\$134 / \$173	441234.21
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Adult Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 60 minute classes no class 3/29

Th	6:30-7:30pm	3/15-6/7	\$87 / \$112	441230.41
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Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 60 minute classes no class 3/26, 3/28, 5/28

M/W	12:00-1:00pm	3/12-6/11	\$174 / \$224	444030.11
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Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing, and waltz. We will also cover a few novelty dances. Next time you go to a wedding or a party, you will know just what to do!

12, 60 minute classes no class 3/29

Th	7:30-8:30pm	3/15-6/7	\$87 / \$112	441231.41
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Introducing Sheri Murphy Hicks



Nearly everything I've needed to know in life I learned through dance. My experience at Buffas Dance Studio and at summer intensives across the East Coast, left me with essential life tools that I still carry with me today. I studied dance at East Carolina University, psychology at George Mason University, and pirouetted into the counseling field in 2012. Since then, I have been working as an elementary school counselor in Fairfax County. I am thrilled to join the HCC team and to share my passion for the performing arts with others. Find Sheri teaching new dance classes: Lyrical, Pom, and Dance Team.

INDOOR TENNIS

Be Quick

All youth classes will emphasize tennis fundamentals. All students must provide their own racquet and wear tennis shoes.

» YOUTH Mini Sessions

Pee Wee Age 4-5

4, 30 minute classes no class 3/28, 3/29, 3/31

W	4:30-5:00pm	3/7-4/4	\$27 / \$34	391200.32
Th	4:30-5:00pm	3/8-4/5	\$27 / \$34	391200.42
Sa	8:30-9:00am	3/10-4/7	\$27 / \$34	391200.62

Beginner 1.0-1.5 Age 6-15

4, 60 minute classes no class 3/29, 3/31

Age 6-8

Th	5:00-6:00pm	3/8-4/5	\$44 / \$57	392410.41
Sa	9:00-10:00am	3/10-4/7	\$44 / \$57	392410.64

Age 9-11

Sa	10:00-11:00am	3/10-4/7	\$44 / \$57	392410.65
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Age 12-15

Sa	11:00am-12:00pm	3/10-4/7	\$44 / \$57	392410.66
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Advanced Beginner 2.0-2.5 Age 6-15

4, 60 minute classes no class 3/27, 3/30, 3/31

Age 6-8

Tu	4:00-5:00pm	3/6-4/3	\$44 / \$57	393110.22
F	5:00-6:00pm	3/9-4/6	\$44 / \$57	393110.52
Sa	9:00-10:00am	3/10-4/7	\$44 / \$57	393110.62

Age 9-11

Tu	5:00-6:00pm	3/6-4/3	\$44 / \$57	393210.21
Sa	10:00-11:00am	3/10-4/7	\$44 / \$57	393210.61

Age 12-15

Sa	11:00am-12:00pm	3/10-3/31	\$44 / \$57	393320.61
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INTERMEDIATE/ADVANCED 3.0-4.0: Must pass tryout to register. Please call 703-435-6800 x2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

Intermediate 3.0-3.5 Age 9-15

4, 60 minute classes no class 3/28, 3/30, 3/31

W	5:00-6:00pm	3/7-4/4	\$44 / \$57	393520.31
F	4:00-5:00pm	3/9-4/6	\$44 / \$57	393520.51
Sa	12:00-1:00pm	3/10-4/7	\$44 / \$57	393520.61

Advanced 4.0 Age 9-15

4, 60 minute classes no class 3/31

Sa	1:00-2:00pm	3/10-4/7	\$44 / \$57	393620.61
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Playing tennis can help improve your health, strength, and agility.

Indoor Tennis 2018-19 Season

Tennis Bubble Hours:

Monday-Friday: 6:30am-10:30pm;
Saturday & Sunday: 8:00am-10:00pm
Open Monday, September 17, 2018-
Sunday, April 14, 2019

CALL FOR
OPEN COURT
TIMES THIS
SEASON:
703-435-6800
EXT. 2114

Contract Application Season 2018-2019

Starting April 4 TOH residents with current court time.
Starting April 18 TOH residents requesting new court time.
Any NR individual with a current contract wishing to reserve the same time as 2017-18. TOH residents have priority.
Starting May 9 Any individual with a current contract wishing to reserve a different time from his/her 2017-18 contract time.
Any NR seeking contract time.

Court cost is per hour CONTRACT TIME RANDOM TIME*

Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

» ADULT Mini Sessions

Beginner 1.0-1.5 Age 16 & up

4, 60 minute classes no class 3/31, 4/2

M	9:00-10:00am	3/12-4/9	\$48 / \$62	394030.11
Sa	9:00-10:00am	3/10-4/7	\$48 / \$62	394030.61

Advanced Beginner 2.0-2.5 Age 16 & up

Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

4, 60 minute classes no class 3/30, 3/31

F	9:00-10:00am	3/9-4/6	\$48 / \$62	394140.51
Sa	10:00-11:00am	3/10-4/7	\$48 / \$62	394140.61

INTERMEDIATE/ADVANCED 3.0-4.0: Please consult with an instructor prior to registering if you have not previously enrolled in this level of play.

Intermediate 3.0-3.5 Age 16 & up

4, 60 minute classes no class 3/31

Sa	11:00am-12:00pm	3/10-4/7	\$48 / \$62	394230.61
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Advanced 4.0 Age 16 & up

4, 60 minute classes no class 3/31

Sa	12:00-1:00pm	3/10-4/7	\$48 / \$62	394330.61
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» March Madness Advanced

Age 9 & up

Please consult with instructor prior to registering if you have not previously enrolled in this level of play. Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys, and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots. Instructor Pro Rick Johnson.

4, 60 minute classes

no class 3/27

Age 9-15

F	5:00-6:00pm	3/2-3/23	\$75 / \$97	394430.50
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Age 16 & up

Tu	5:00-6:00pm	3/6-4/3	\$75 / \$97	394430.20
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» YOUTH

PEE WEE/BEGINNER: Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

Pee Wee Age 4-5

8, 30 minute classes

Tu/Th	4:30-5:00pm	4/10-5/3	\$57 / \$74	471000.21
Tu/Th	4:30-5:00pm	5/15-6/7	\$57 / \$74	471000.23
Sa	8:30-9:00am	4/14-6/9	\$57 / \$74	471000.60

Beginner 1.0-1.5 Age 6-15

8, 45 minute classes

no class 5/26

Age 6-8

Tu/Th	5:00-5:45pm	4/10-5/3	\$72 / \$93	471110.20
Tu/Th	5:00-5:45pm	5/15-6/7	\$72 / \$93	471110.21
Sa	9:00-9:45am	4/14-6/9	\$72 / \$93	471110.60

8, 60 minute classes

no class 5/26

Age 9-15

Tu/Th	6:00-7:00pm	4/10-5/3	\$77 / \$99	471210.20
Tu/Th	6:00-7:00pm	5/15-6/7	\$77 / \$99	471210.21
Sa	11:00am-12:00pm	4/14-6/9	\$77 / \$99	471210.60

Advanced Beginner 2.0-2.5 Age 6-15

8, 45 minute classes

no class 5/26, 5/28

Age 6-8

M/W	5:00-5:45pm	4/9-5/2	\$72 / \$93	471111.10
M/W	5:00-5:45pm	5/14-6/11	\$72 / \$93	471111.11
Tu/Th	5:00-5:45pm	4/10-5/3	\$72 / \$93	471111.20
Tu/Th	5:00-5:45pm	5/15-6/7	\$72 / \$93	471111.21
Sa	10:00-10:45am	4/14-6/9	\$72 / \$93	471111.60

8, 60 minute classes

no class 5/26, 5/28

Age 9-15

M/W	6:00-7:00pm	4/9-5/2	\$77 / \$99	471211.10
M/W	6:00-7:00pm	5/14-6/11	\$77 / \$99	471211.11
Tu/Th	6:00-7:00pm	4/10-5/3	\$77 / \$99	471211.20
Tu/Th	6:00-7:00pm	5/15-6/7	\$77 / \$99	471211.21
Sa	10:00-11:00am	4/14-6/9	\$77 / \$99	471211.60

NTRP RATINGS

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

INTERMEDIATE/ADVANCED 3.0-4.0: Must pass tryout to register. Please call 703-435-6800 x2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season may enroll without a tryout.

Intermediate 3.0-3.5 Age 11-15

8, 60 minute classes

no class 5/26, 5/28

M/W	7:00-8:00pm	4/9-5/2	\$77 / \$99	471213.10
M/W	7:00-8:00pm	5/14-6/11	\$77 / \$99	471213.11
Sa	11:00am-12:00pm	4/14-6/9	\$77 / \$99	471213.60

Advanced 4.0 Age 12-15

8, 60 minute classes

Tu/Th	7:00-8:00pm	4/10-5/3	\$77 / \$99	471214.20
Tu/Th	7:00-8:00pm	5/15-6/7	\$77 / \$99	471214.21

High School Age 14-17

8, 60 minute classes

no class 5/26

Sa	12:00-1:00pm	4/14-6/9	\$77 / \$99	471315.20
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» ADULT

Beginner 1.0-1.5 Age 16 & up

8, 60 minute classes

no class 5/26, 5/28

M/W	6:00-7:00pm	4/9-5/2	\$77 / \$99	471530.10
M/W	6:00-7:00pm	5/14-6/11	\$77 / \$99	471530.11
Sa	8:00-9:00am	4/14-6/9	\$77 / \$99	471530.60

Advanced Beginner 2.0-2.5 Age 16 & up

8, 60 minute classes

no class 5/26, 5/28

M/W	7:00-8:00pm	4/9-5/2	\$77 / \$99	471531.10
M/W	7:00-8:00pm	5/14-6/11	\$77 / \$99	471531.11
Sa	9:00-10:00am	4/14-6/9	\$77 / \$99	471531.60

All students must provide their own racquet and wear tennis shoes.

OUTDOOR TENNIS

Be Fierce

Intermediate 3.0-3.5 Age 16 & up

8, 60 minute classes

no class 5/26, 5/28

M/W	8:00-9:00pm	4/9-5/2	\$77 / \$99	471532.10
M/W	8:00-9:00pm	5/14-6/11	\$77 / \$99	471532.11
Sa	10:00-11:00am	4/14-6/9	\$77 / \$99	471532.60

Advanced 4.0 Age 16 & up

8, 60 minute classes

Tu/Th	7:00-8:00pm	4/10-5/3	\$77 / \$99	471533.10
Tu/Th	8:00-9:00pm	4/10-5/3	\$77 / \$99	471533.11
Tu/Th	7:00-8:00pm	5/15-6/7	\$77 / \$99	471533.12
Tu/Th	8:00-9:00pm	5/15-6/7	\$77 / \$99	471533.13

» JUNIOR TEAM TENNIS

NOR Junior Team Tennis Age 6-14

Junior Team Tennis is designed for those players ready for a competitive tennis experience and outside matches with practices focused on skill and strategy, with the opportunity to continue on a year-round basis. Tryouts are required; to schedule and for more information, please contact the Tennis Manager at 703-435-6800 x2110. USTA individual membership not included but required if selected for the team.

8, 90 minute classes

no class 5/26

Age 8 & under

Sa	6:00-7:30pm	4/21-6/16	\$99 / \$128	493141.60
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Age 10 & under

Sa	6:00-7:30pm	4/21-6/16	\$99 / \$128	493141.61
Sa	6:00-7:30pm	4/21-6/16	\$99 / \$128	493141.64

Age 12 & under

Sa	5:00-6:30pm	4/21-6/16	\$99 / \$128	493141.63
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Age 14 & under

Sa	5:00-6:30pm	4/21-6/16	\$99 / \$128	493141.62
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» SPRING BREAK CAMP

Tennis Camp Age 9-12

A great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day in case of inclement weather during the session. Other sport activities such as racquetball and swimming will be included. See page 15 for extended care.

5, 7 hour classes

M-F	8:30am-3:30pm	3/26-3/30	\$185 / \$239	488610.10
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Outdoor Weather Policy

Decisions on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for makeups by the program supervisor. Call 703-435-6866.

» YOUTH TOURNAMENTS

NEW! Tennis Youth Singles Age 6-15

Round Robin format. Must register five days before the tournament's start date.

Orange Ball Mini Tournament Age 6-11

Sa	9:00am-12:00pm	4/14-4/14	\$20 / \$20	499250.60
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Spring Fling Mini Tournament Age 9-15

Sa	5:00-9:00pm	4/14-4/14	\$25 / \$25	499250.61
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» SENIOR TOURNAMENTS

NEW! Senior Challenge Tournament Age 55 & up

Double Elimination Tournament. Must register five days before the tournament's start date. No senior discount.

Men's Singles

M-F	10:00am-3:00pm	4/23-4/27	\$25 / \$25	499350.10
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Women's Singles

M-F	10:00am-3:00pm	4/23-4/27	\$25 / \$25	499350.11
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Men's Doubles

M-F	10:00am-3:00pm	5/1-5/4	\$50 / \$50	499350.12
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Women's Singles

M-F	10:00am-3:00pm	5/1-5/4	\$50 / \$50	499350.13
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Doubles tennis is a perfect way to stay fit and enjoy competitive play.

Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible individuals, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x2107 for more information or contact the Herndon Community Center for assistance.

Birthday Parties
at the
Herndon Community Center

Call to schedule your party TODAY!
703-787-7300

Land - Pool Party Packages Available
All parties offer 75 minutes of an activity and an hour in the party room.

Ignite Kids Club: Multi-Sport Age 3-6

Jr. Athletes is a multi-sport program that dials in on the basic skill sets for five different sports, including: baseball/softball, volleyball, basketball, flag football, and tennis. Using interactive and age-appropriate games/activities, kids can have a blast while being exposed to a variety of sports! As they grow through the program, the games and activities will begin to uniquely integrate team play, develop social skills, and create a better understanding of the sport itself. While learning the fundamentals of kicking, throwing, catching, hitting, and basic speed and agility, the players will increase fitness, coordination, confidence, and improve on both social and listening skills.

8, 30 minute classes no class 5/27

Tu	6:45-7:15pm	4/3-5/22	\$53 / \$68	471500.21
Su	1:35-2:05pm	4/8-6/10	\$53 / \$68	471500.61

Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 2-3**8, 30 minute classes** no class 3/31

Sa	9:20-9:50am	3/10-5/5	\$53 / \$68	473000.52
Sa	9:55-10:25am	3/10-5/5	\$53 / \$68	473000.53
Sa	10:30-11:00am	3/10-5/5	\$53 / \$68	473000.54

Age 4-5**8, 30 minute classes** no class 5/26

Sa	11:10-11:40am	4/7-6/10	\$53 / \$68	473000.55
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Mini-Session Age 2-3**4, 30 minute classes** no class 5/26

Sa	9:20-9:50am	5/12-6/9	\$38 / \$49	473000.56
Sa	9:55-10:25am	5/12-6/9	\$38 / \$49	473000.57
Sa	10:30-11:00am	5/12-6/9	\$38 / \$49	473000.58

Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes no class 5/26

Sa	11:45am-12:30pm	4/7-6/2	\$75 / \$97	473110.50
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Home School PE Age 6-14

Home School PE is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

7, 60 minute classes no class 3/27, 3/29

Tu	1:00-2:00pm	3/13-5/1	\$49 / \$63	474010.20
Th	1:00-2:00pm	3/15-5/3	\$49 / \$63	474010.40

6, 60 minute classes

Tu	1:00-2:00pm	5/8-6/12	\$42 / \$54	474010.21
Th	1:00-2:00pm	5/10-6/14	\$42 / \$54	474010.41

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes

M	5:30-6:30pm	4/2-5/21	\$80 / \$103	476010.10
F	6:30-7:30pm	4/6-5/25	\$80 / \$103	476010.60

Racquetball League Age 18 & up

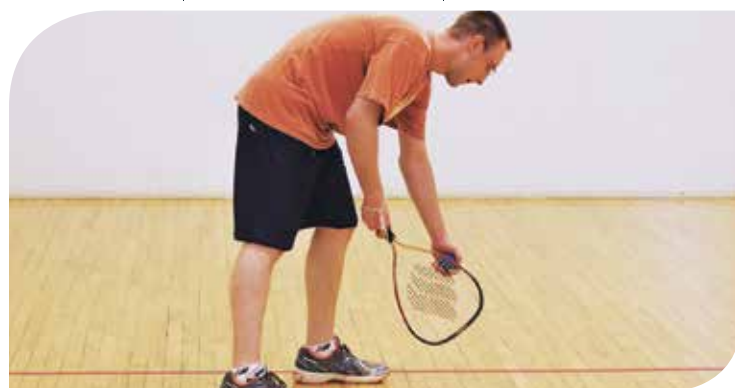
Have fun, get in shape, and meet new playing partners! Players are provided a weekly schedule, and then arrange matches with opponents at their mutual convenience. The season consists of ten games in a ten-week regular season. Playoffs follow the regular season. Scores must be reported to avoid a forfeit. Awards are given to the top finishers in each division. Court fees are included in registration fee. Players receive a punch card to use during the regular season. Registration deadline is Friday, March 2. First week of play begins on Sunday, March 11. League director reserves the right to combine divisions if necessary. For more information, please call 703-435-6800 ext. 2106.

Advanced Division

3/11-6/24	\$60 / \$77	478030.10
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Intermediate Division

3/11-6/24	\$60 / \$77	478030.20
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Racquetball works almost every muscle group in the body, especially the lower body and the core.

OR

PASSPORT TO FUN NIGHT

FRIDAY, FEBRUARY 23,
6:30-9:00PM ALL AGES

Parents are encouraged to become Treasure Hunters and seek the hidden talents, strengths and abilities of their children and those around them.

This annual family event is designed for children to share the fun with a caring adult in their life. Therefore, children must attend with an adult. Swim, eat pizza, and enjoy hands-on activities.

\$2 PER PERSON OR \$5 PER FAMILY

360511.50



KIDS Trout Fishing Derby
Saturday, March 10
 8:00AM-12:00PM
 Meet behind Herndon Police Station on Sugarland Run Trail
 Age 2-15
 \$8* / \$12
 450050.60
 *pre-registration cost
 see page 32



SUNDAY
MARCH
11

RACE STARTS
AT **8:00AM**



OR

The course will take you around the Herndon Parkway and through parts of the scenic Sugarland Run Trail. Race starts and ends at the event co-sponsor, Northwest Federal Credit Union, 200 Spring Street. Long-sleeved sport-tek shirts guaranteed to the first 200 runners.

PRE-REGISTRATION IS
\$20 PER RUNNER
 (ENDS FRIDAY, MARCH 9 @ 12:00pm)
 & **\$30 AT SATURDAY'S PACKET PICK-UP AND ON RACE DAY.**

PACKET PICK-UP
SATURDAY, MARCH 10,
2:00-4:00PM

TOWN PARKS & STREAM CLEAN-UP & SHRED EVENT

SATURDAY, APRIL 21

8:00AM – 12:00PM, CLEAN-UP

9:00AM – 12:00PM, SHRED COLLECTION

This is a free and secure document shredding service.

RUNNYMEDE PARK 195 HERNDON PARKWAY

Volunteers meet at the main entrance of Runnymede Park. Teams will be assigned to areas in the park or other parks in the Town. A great opportunity for kids to earn community service hours.

Bring work gloves and wear suitable clothing.

To volunteer as an individual or as a group, contact the Town Forester at 703-435-6800 x 2014.

Coordinated by
 the Friends of Runnymede Park,
 Town of Herndon Parks & Recreation and
 Community Development Departments.

SPONSORED BY



MAKE IT A FUN-TASTIC SUMMER

The Herndon Parks and Recreation Department helps create great summers for children age 3-15. Their days are filled with friends, fun, learning, and adventure. Camps are designed to provide entertainment and enrichment for a few hours a day, half-day, or all day.

SUMMER CAMPS:

Herndon Odyssey for School Age, Teen Discovery, Preschool Camp, Nature Discovery, Dance & Arts,

Lego® Pre-Engineering,

Sports - Tennis, Gymnastics

EXTENDED CARE HOURS AVAILABLE

Summer Camp registration begins
April 25 for TOH residents & May 1 for non-TOH residents



MAY 31-JUNE 3

Historic Downtown Herndon Free Admission

- Three Entertainment Stages
- Carnival
- Fireworks - Sat.
- 10K/5K Races & Fitness Expo
- Kids' Alley with Children's Hands-On Art Area
- Business Expo
- Arts & Crafts Vendors
- Food Vendors
- Free Shuttle Bus Service

Title Sponsor:



VOLUNTEERS NEEDED!

Individual and Group
Volunteer opportunities
are available at
[herndonfestival.net/
volunteer](http://herndonfestival.net/volunteer)

HerndonFestival.net



10K/5K RACES JUNE 3 7:30am

Starts at Herndon Community Center

The race courses will take you through historic downtown Herndon during Herndon Festival weekend.

Both the 10K and 5K are USATF certified. Awards are presented to the top two finishers from each age group from the 10 & under to 70 & over. Refreshments for runners will be provided at the conclusion of the race along with a Fitness Expo.

*Need help training or want to improve your race time?
See page 10 for the Herndon Festival 10K/5K training class.*

Early Bird (received by April 29) **\$30**

Regular Registration (April 30-June 2 until 4pm) **\$35**

Race Day Registration (June 3 6:15-7:15am) **\$45**

Youth (age 15 & under) **\$20**

Online regular registration closes on Friday, June 1 at 12pm.

Packet pick-up and in-person regular registration (\$35)

Saturday, June 2 from 11am-4pm at the Herndon Community Center. Packet pick-up and race day registration (\$45)

Sunday, June 3 from 6:15-7:15am.

5K Age 15 & under 553050.11
Age 16 & up 553050.10

10K Age 15 & under 553050.13
Age 16 & up 553050.12

Preschool

OPEN HOUSE & REGISTRATION

2018-2019 School Year



**Tuesday,
February 20, 2018**

Incident weather date:
February 21

½ day
program

3-5 year olds

Registration starts at 9:00am

Open House 6:00-8:00pm

The Herndon Community Center preschool is a safe, nurturing, responsive and caring learning environment and a state-licensed program. It is a place that supports children in actively engaging with their world to establish healthy relationships with others, develop a positive self-image, and grow to be independent thinkers and learners. Families feel connected knowing that their children are cared for and nurtured in a way that respects their own cultural and familial beliefs.

The teacher-child ratio is 3 to 20. The 4-5 year old class emphasis is on the skills needed to enter kindergarten. The classroom schedule includes field trips, outside free-play, and holiday festivities. Our goal is to foster independence in a school setting.

**Age 3-4 • Tu/Th • 9:00am-
12:00pm**

(Must be 3 by September 30, 2018)

\$1,500 / \$1,800*

**Age 4-5 • M/W/F • 9:00am-
12:00pm**

(Must be 4 by September 30, 2018)

\$1,750 / \$2,100*

* Fees are payable on an established payment plan of 5 installments. A \$75 nonrefundable deposit and child's proof of age (such as birth certificate or passport) are due at time of registration.

Registration is on a first-come, first-served basis with a priority to Town of Herndon residents. Children must be potty-trained and use of disposable undergarments is not permitted.



HERNDONWEBTRAC.COM

25



Friday, May 18

**5:30am-10:00am
& 4:30-6:00pm**

Join this regional favorite day to encourage a clean, healthy and fun way to get to work and get around - by biking.

The Herndon pitstop on the W&OD trail next to the Depot will have t-shirts, refreshments, maintenance, commuting tips, and more.

Register online directly at biketoworkmetrodc.org and be eligible to win prizes and a free t-shirt.

Home School Pottery Age 7-16

For children who want to explore working with clay. Students will learn basic hand-building skills including pinching, coiling and working with slabs. Projects might include whistles, wind chimes, mugs, plates, tiles, coil pots and more. Students will decorate and glaze their finished pieces. Fee includes all materials.

6, 90 minute classes		no class 3/26		
M	2:30-4:00pm	3/12-4/23	\$96 / \$120	410141.11

Kidz on Wheelz Age 10-13

Explore your creativity while learning hand-building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes		no class 3/26		
M	5:00-6:30pm	3/12-4/23	\$96 / \$120	410010.11

Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of hand-building with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes		no class 3/27		
Tu	10:00am-12:30pm	3/13-5/8	\$150 / \$188	410140.22
Tu	6:30-9:00pm	3/13-5/8	\$150 / \$188	410140.21

Pottery Wheel Age 16 & up

Learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming and the use of tools and glaze. Experience this wonderful craft with good habits and positive feedback in every class. All skill levels are welcome. Use of tools and 25 lbs of clay included; additional clay may be purchased as needed.

8, 2.5 hour classes		no class 3/26 & 3/27		
M	6:30-9:00pm	3/12-5/7	\$150 / \$188	410150.11
Tu	6:30-9:00pm	3/13-5/8	\$150 / \$188	410160.21

Mindfulness Painting Age 18 & up

Mindfulness Painting is a powerful, intuitive practice using paint, paper and brushes as a form of self-exploration. It is a process of opening you to your creativity without concern for results; deepening your relationship with your intuition; and gives you a way to explore other aspects of yourself. No artistic experience needed and experienced artists are welcome. Brush stroke technique is not taught in this course.

8, 3 hour classes		no class 3/29		
Th	1:00-4:00pm	3/15-5/10	\$150 / \$188	410050.40

Learn to Knit Age 16 & up

Have you always wanted to try knitting? Well now is your chance. In this class, you can learn to Cast On, Knit, Purl, and Bind Off. You will learn to follow a simple pattern, learn about different yarns and how to read yarn labels. You will start with coasters to learn knitting skills so you can continue to make more advanced projects such as scarves, dish clothes, sweaters, hats and more.

4, 90 minute classes				
W	1:00-2:30pm	3/14-4/11	\$65 / \$86	410231.30

Learn to Knit (part II) Age 16 & up

If you already know the basic skills of knitting and purling and you want to try something more advanced, then this is the class for you. You will learn to increase, decrease, yarn over, and change colors by making squares. Use your squares for coasters, dish cloths, or create a blanket. And we will continue to learn to read more complicated patterns. Please bring size US 7 (4.5 mm) knitting needles.

4, 90 minute classes				
W	1:00-2:30pm	4/18-5/9	\$65 / \$86	410231.31

NEW!

Acrylic Painting Age 12 & up

Experience the art of painting. Learn basic techniques and fundamental brush strokes of acrylic painting along with tints, tones and shades. This class is designed for beginners but all levels of experience are welcome. All basic supplies are included in fee.

8, 2.5 hour classes

Age 12-16

Th	7:00-9:30pm	3/15-5/10	\$150 / \$188	410030.40
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Age 16 & up

Tu	7:00-9:30pm	3/13-5/8	\$150 / \$188	410030.20
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Lego® STEM Fun-Damentals Age 6-11

Mondays - FCPS days off 4/2 & 4/16 & LCPS day off 4/2
Supervised lunch hour for all-day participants.
\$35 TOH / \$35 NR per session

1, 3 hour class

Lego STEM Fun-Damentals 1	9:00am-12:00pm	4/2	480011.01
Lego STEM Fun-Damentals 2	1:00-4:00pm	4/2	480011.02
Lego STEM Fun-Damentals 3	9:00am-12:00pm	4/16	480011.03
Lego STEM Fun-Damentals 4	1:00-4:00pm	4/16	480011.04

See herndonwebtrac.com for full class description.

NEW!

POTTERY LAB

Wednesdays, 6:00-9:00pm

\$10 per hour

Students who are currently enrolled in a Herndon Community Center pottery class can utilize the Wednesday evening Pottery Lab. During lab time, students will have access to electric wheels and the slab roller. **The focus of this program is to allow space and time for currently enrolled students to complete class projects not finished during class hours, emphasis is not on starting new pieces.** Instructors will be available during lab hours for project support. The fee includes firing and glazes.

Pay at the front desk. Please keep your receipt and show it to the instructor upon entering the room.

CPR/AED and First Aid Age 14 & up

Many employers and jobs require CPR: personal trainers, teachers, coaches, construction, daycare providers. Taught by an American Heart Association certified instructor. Class includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

1, 6 hour class

Su	12:30-6:30pm	3/18	\$95 / \$95	460050.71
Su	12:30-6:30pm	4/29	\$95 / \$95	460050.72
Su	12:30-6:30pm	5/20	\$95 / \$95	460050.73

Chess Age 8-11

There is a strong correlation between students learning to play chess and their academic achievement. Students will learn the parts of the chessboard; how each piece moves and captures; pawn promotion and "en passant" capture; the main rule of chess; the rules for castling; how to checkmate the lone king; the difference between checkmate and stalemate; the basic principles of chess; the number of ways a chess game can be won or drawn; guidelines for sound opening play; basic strategy and tactics; and how to keep the score of a game. Each class will include free time for the students to play chess with their classmates.

8, 90 minute classes

Sa	10:00-11:30am	3/17-5/12	\$96 / \$120	460100.61
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Better Babysitting Age 11-15

Learn to be a safe, reliable and CPR/First Aid trained babysitter. Students will be introduced to information on keeping children and infants safe, proper supervision and basic care giving skills. Students will also receive a Pediatric CPR/First Aid certification through American Heart Association (certificate is good for 2 years). Students are encouraged to bring a packed lunch. This is a FCPS day off of school.

1, 7 hour class

M	9:00am-4:00pm	4/16	\$95 / \$95	460151.51
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BabyJam™ With Parent Age 3 months to walking

An interactive tickle, giggle and cuddle class that will strengthen the bond between parent and baby by using songs, movement, and colorful manipulatives. Promote your baby's learning through music, object exploration, and creative movement while creating loving memories.

8, 45 minute classes

no class 3/30

F	11:45am-12:30pm	3/16-5/11	\$129 / \$166	469000.52
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KinderJam™ With Parent Age 1-5

This class creates a fun, exciting and high-energy music and movement program that emphasizes the kinesthetic and tactile presentation of kindergarten readiness skills while incorporating physical activity and parent engagement in an effort to develop heart-healthy young learners.

8, 45 minute classes

no class 3/30

F	10:45-11:30am	3/16-5/11	\$107 / \$138	469000.51
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Little Nature Inspectors Age 5-8

A hands-on approach to teaching environmental education to young children. Designed to increase children's imagination, curiosity and exposure to the natural world. Program meets at Runnymede Park. Please dress for fun walks along the trails. Curiosity and discovery will drive our adventures at Runnymede Park.

3, 60 minute classes

Th	4:30-5:30pm	4/12-4/26	\$45 / \$45	460110.41
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Teen Training Age 13-15

Teen Training is an educational program that will provide you with practical knowledge for those who wish to work as a summer camp counselor, in an after-school program, or mentor/tutor for younger children. The workshops will help you develop skills in everything from leading activities, behavior modification, being a great role model by engaging and encouraging campers. By the end of the workshops you will gain positive communication skills, learn to take initiative, develop problem solving skills and challenge yourself to be a strong leader. *American Red Cross First Aid certification is included in the course.*

3, 2 hour classes

no class 3/28

W	5:30-7:30pm	3/14-4/4	\$70 / \$70	480021.31
W	5:30-7:30pm	4/25-5/9	\$70 / \$70	480021.32

Adult Cooking Age 18 & up

Pesto, Guacamole and Hummus

Forget store bought! Make these healthy and flavorful home-made versions. Pesto is not just for pasta, bake it on chicken for a juicy entree. Heart healthy avocado and protein rich garbanzo beans are great additions to a healthy balanced diet.

1, 60 minute class

Th	6:30-7:30pm	3/15	\$30 / \$30	460030.40
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Salad for Dinner

We'll make two protein packed salads: Big Mac salad (it's actually healthy) and tomato feta lentil salad.

1, 60 minute class

Th	6:30-7:30pm	3/22	\$30 / \$30	460030.41
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Adult/Child Cooking Age 6-14

Cooking with your kids is not just fun; it's good for you. We'll make potato chipped grilled cheese, lemon-pepper and spaghetti pie, which you'll take home, bake and share with the rest of your family. Dinner is done!

1, 60 minute class

F	6:30-7:30pm	4/6	\$35 / \$35	460350.50
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Adults and kids can improve their culinary knowledge and skills through our cooking classes.

» PARKS IN HERNDON

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open down to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family	\$18/\$22.50
(Up to 5 family members, 2 adults maximum)	

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single	\$36.75/\$62
Senior 2-Person*	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single	\$215/\$307
Senior 2-Person*	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single	\$329.25/\$551.75
Senior 2-Person*	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours:	Monday-Friday, 4:00-10:00pm, Saturday & Sunday, Opening-2:00pm
Prime Time:	admission fee per player \$4 per hour + \$3.50 per session wallyball
Non-Prime Time:	admission fee per player \$2 per hour + \$2 per session wallyball

2018-19 Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
Grace Wolf Cunningham, Councilmember
Jeffrey L. Davidson, Councilmember
Signe Friedrichs, Councilmember
Bill McKenna, Councilmember
Sheila A. Olem, Councilmember
Bill Ashton, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Cynthia Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Lindsey Jones, Systems Technician
Kevin Breza, Recreation Program Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Jim Heffel, Pool Operations Manager
Vacant, HAC Head Coach
Christina Bolzman,
Aquatics Program Specialist
Ron Tillman, Community Center Manager
Vacant,
Assistant Community Center Manager
Suzanna Swalboski,
Indoor Tennis Manager
Jodie Oare, Preschool Director
Karen Tsitos, Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts, Camps
Tom Milenkevich, Fitness Services Supervisor
Tim Lander,
Wellness, Sports & Community Events
Holly Popple,
Performing Arts & Community Events
John Walsh, Sports & Community Events

Mission Statement

The Town of Herndon Parks and Recreation Department enriches the lives of its diverse residents, serves as stewards of Town resources, and fosters a sense of community by providing engaging, accessible and valued parks, facilities and recreation programs complementing those provided by Fairfax County.

GENERAL INFORMATION

Be Supportive

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10:00am on Wednesday, February 14. Open registration for Non-TOH residents will begin at 10:00am on Tuesday, February 20.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

Not all Herndon addresses are in the TOH proper. If you have questions, call [703-787-7300](tel:703-787-7300) or go to: herndon-va.gov/recreation and click on **FAQ for P&R** on the left side of the page.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10:00am on February 20.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or ability. The TOH supports the Americans with Disabilities Act by making a modifications for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call [703-787-7300](tel:703-787-7300) to discuss any modifications that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment


You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10:00am on February 14 for TOH residents, and 10:00am on February 20 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov/recreation. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon  is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10:00am, February 14 for TOH residents; and 10:00am, February 20 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, 777 Lynn Street, Herndon, VA 20170
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, February 14** at 10:00am.
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 20** at 10:00am.

PHONE: 703-787-7300
FAX: 703-318-8652

"99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center."

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NOR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Herndon Parks and Recreation Registration Form - Spring 2018

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY / STATE / ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M / <u>F</u>	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
	/ /	M / F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation
777 Lynn Street, Herndon, VA 20170

CHANGE OF ADDRESS / PHONE / EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed 5 or more days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon Parks and Recreation

Mailing Address: 777 Lynn Street

Physical Address: 814 Ferndale Avenue

Herndon, VA 20170

herndon-va.gov/recreation

703-787-7300



join our newsletter...

parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks



KIDS Trout Fishing Derby

Age 2-15

\$8*
\$12



Start an annual family tradition
and join us for this special day!

Saturday, March 10

8:00AM-12:00PM

Meet behind the Herndon Police Station on Sugarland Run Trail.
397 Herndon Parkway

Many families experienced a relaxing and successful day catching their first fish last year at this event. In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals.

Limited fishing poles and bait are available for use.

All kids MUST be accompanied by an adult.

Teens and adults, age 16 & up, **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids, fishing time. See staff for dates and times of extended fishing hours.

*Pre-registration price is through Friday, March 9.

Day of event registration is \$12, check or cash only. **450050.60**

PRST STD
U.S. POSTAGE

PAID

Herndon, VA
Permit No. 280

ECRWSSDDM Residential Customer



EASTER EGG HUNT

Saturday, March 31

Herndon Municipal Center Green,
777 Lynn Street

**ONE OF THE MOST
EXCITING ANNUAL EVENTS
FOR CHILDREN**

Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning in the park. Games, arts and crafts and music will begin at 9:45am, along with a photo opportunity with the Easter Bunny. Event takes place at 777 Lynn Street behind the Herndon Municipal Building. Parking is available at the various parking areas in downtown Herndon. Event held rain or shine.

Pre-registration through Friday, March 30 is \$9.

Onsite registration is \$10 at the gate.

EGG HUNT TIMES

Age 5-7

9:45am
454500.61

Age 3-4

10:30am
454500.62

Walking-2

11:15am
454500.63



**AQUA
EGG
HUNT**
details on
page 7